

COVID-19 WAVE 2 NOTICE

Travel Advisory

November 13, 2020 – COVID-19 is a global pandemic and avoiding non-essential travel protects Nipissing First Nation by helping to prevent the spread of COVID-19 in the community. Limit travel outside of your home to *necessary* trips such as going to work or school, attending medical appointments or getting groceries.

It is **strongly advised** to not travel outside of the district, especially to areas with high numbers of COVID-19 cases or where the number of cases is surging, unless for emergencies or urgent medical appointments.

NON-ESSENTIAL TRAVEL TO THE FOLLOWING AREAS SHOULD BE AVOIDED:

- Sudbury and Districts (recent surge in # of new cases and community spread)
- Ottawa Region
- York Region (Toronto)
- Peel Region (Toronto)
- Anywhere outside of Canada

Anyone returning from outside of Canada either by air, sea or land must:

- Self-isolate for 14 days if they have COVID-19 symptoms
- Quarantine for 14 days if they have no COVID-19 symptoms (asymptomatic)

GATHERINGS & SOCIAL INTERACTIONS:

- Limit social interactions to household members only, both indoors and outdoors. Sit at the same table with members of your household and stay 2 metres apart from everyone else.
- Maximum of 10 people at an indoor event or gathering (previous limit of 50).
- Maximum of 25 people at an outdoor event or gathering (previous limit of 100).
- Gatherings of 35 at an event (25 outdoor and 10 indoor) are not permitted.
- Keep a record of any close contact at an event. This is someone you spent 15 minutes or more with who is outside of your household (even if they are family) and was within 2 metres of you.
- Hosts should keep a record of everyone attending the event including their contact information.

DO YOUR PART TO HELP REDUCE SPREAD

The greatest risk for spread of COVID-19 is close contact with another person. Reduce this risk by staying away from crowded and closed (indoor) spaces where people are gathered and continue to:

- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose or mouth.

- Avoid contact with people who are sick.
- Stay home and away from others if you are feeling sick, even if you have mild symptoms. If you have symptoms or think you have been exposed to COVID-19, get tested.
- Practice physical distancing – stay home as much as possible and limit outings, and stay at least two metres away from anyone you do not live with or is outside of your social circle.
- Wear a face covering where required or when physical distancing of two metres is not possible.
- Ensure you are keeping to the public and private gathering limits (indoor and outdoor).
- Download the COVID Alert for free from the Apple and Google Play app stores. This new app lets users know if they may have been exposed to the virus.

COVID-19 STATUS IN THE NORTH BAY PARRY SOUND DISTRICT

Canada is entering the **2nd Wave of COVID-19** and we must not let down our guard. The number of cases in Ontario is quickly climbing and by this December projected to reach up to 6,000 new cases daily. We are also experiencing a steady increase in the number of cases in this local area resulting from community spread and close contact.

Area	# Cases	Change from Yesterday	% Increase in # Cases	% Positivity Nov 12 th *
DISTRICT	56	+5	+9.9%	0.1%
PROVINCE	89,784	+1,575	+1.8%	4.3%

**% positivity = total # confirmed cases/ total # tests performed X 100 calculated daily*

**% positivity is one threshold indicator used to determine when public health measures tighten or loosen*

**% positivity < 1 indicates that a region or district is in the green zone (PREVENT) if other indicators also remain low. Our district is in the green zone.*

Learn more about Ontario’s response framework and regional restrictions at covid-19.ontario.ca.

CONTACT INFORMATION

For more information, please call (705) 753-3312 and ask to speak to Kimberly Lalonde, Director of Health Services at ext. 2223 or to Carole Lafantaisie, Community Health Nurse at ext. 2257.

Please visit our website at nfn.ca/covid-19 for regular updates and links to helpful information.